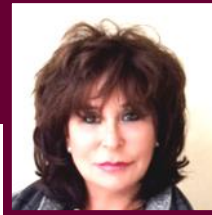


Providing Community Programs for Youth living with Diabetes



Health, Opportunity, Power and Excellence

Message from the Founder & Chair



Barbara Pasternak

As we mark Diabetes Hope Foundation's 19th year, I look back at where we started and where we are today... In 1997, I hosted a golf tournament and began raising funds to help families with children who were challenged by the day-to-day obstacles of living with diabetes. My goal was to reach out to these youth to give them hope for a healthier tomorrow through financial support and encouragement.

In 1999, Diabetes Hope Foundation was founded with a mission to reward, empower and provide peer education and support for youth-in-transition, to enable them to live successfully within and beyond diabetes. Over the last 18 years, the foundation has been successful in raising over **\$9 million** to invest in communities across Canada to provide peer education and financial support for **2,380 families** and youth living with diabetes.

This year, with the support of our families, donors, and generous community partners, Diabetes Hope Foundation expanded its scholarship program to award scholarships from coast-to-coast to deserving young adults in six Canadian provinces (BC, AB, ON, NS, NB and NL). Our transition program also grew beyond its provincial borders this fall to include programs and events in the west coast to honor the 10 year anniversary of our BC Scholarship program, and a new Transition Workshop was launched in Langley, BC. With support from the First Nations community, our Aboriginal Diabetes Retreat program's catchment area also spread across Southwestern Ontario to include at-risk youth from Sarnia to Brantford, and 3 First Nations reserves.

In the coming year, the foundation will continue to make investments in higher education through its scholarship and transition programs for teens and young adults living with diabetes. With funding from the Ontario Trillium Foundation, the foundation has also been working with leading stakeholders from the diabetes, mental health and First Nations communities to develop youth-led strategies to address gaps and emerging needs within the diabetes and mental health community. With support from our partners and donors, Diabetes Hope Foundation plans to launch a **NEW** peer mentorship program next year to support youth living with diabetes and mental health disorders.

We're thrilled with our growing presence in communities across the country, and will aim to continue developing new partnerships and programs to support the needs of children and youth living with diabetes. We now invite you to take a few moments to see what your support has enabled us to accomplish this year !!!

Our strength comes from **YOU**, and together we are able to inspire today's youth to dream, grow and achieve their goals in life.

Together we are making a difference.

Many thanks, Barbara

A handwritten signature in cursive script that reads "Barbara Pasternak".

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About DHF

Inspired by her two sons who were both diagnosed with insulin-dependent diabetes between 1994 and 1996, Barbara Pasternak began raising funds and advocating for the rights of children with diabetes in the late 90's.

In **1997**, Barbara began by donating money to charities that support families living with diabetes. She rallied all of her family, friends, and corporate partners to hold the first Swing of Hope golf tournament. In the first year, **\$100,000** was raised to support much needed programs for children and youth with diabetes.

To date, the Foundation has raised over **\$9 million** to invest in communities across Canada to support **2380** families and youth living with diabetes.

Diabetes Hope Foundation is a grassroots not-for-profit organization. The foundation's mission is to reward, empower and provide peer-to-peer education and support for youth who are in transition and to enable them to live successfully **WITHIN and BEYOND** diabetes.

For almost two decades, Diabetes Hope Foundation has been working with leading pediatric diabetes healthcare specialists and community partners from across the country to support and address the unmet needs of youth living with diabetes through the following core community health programs:

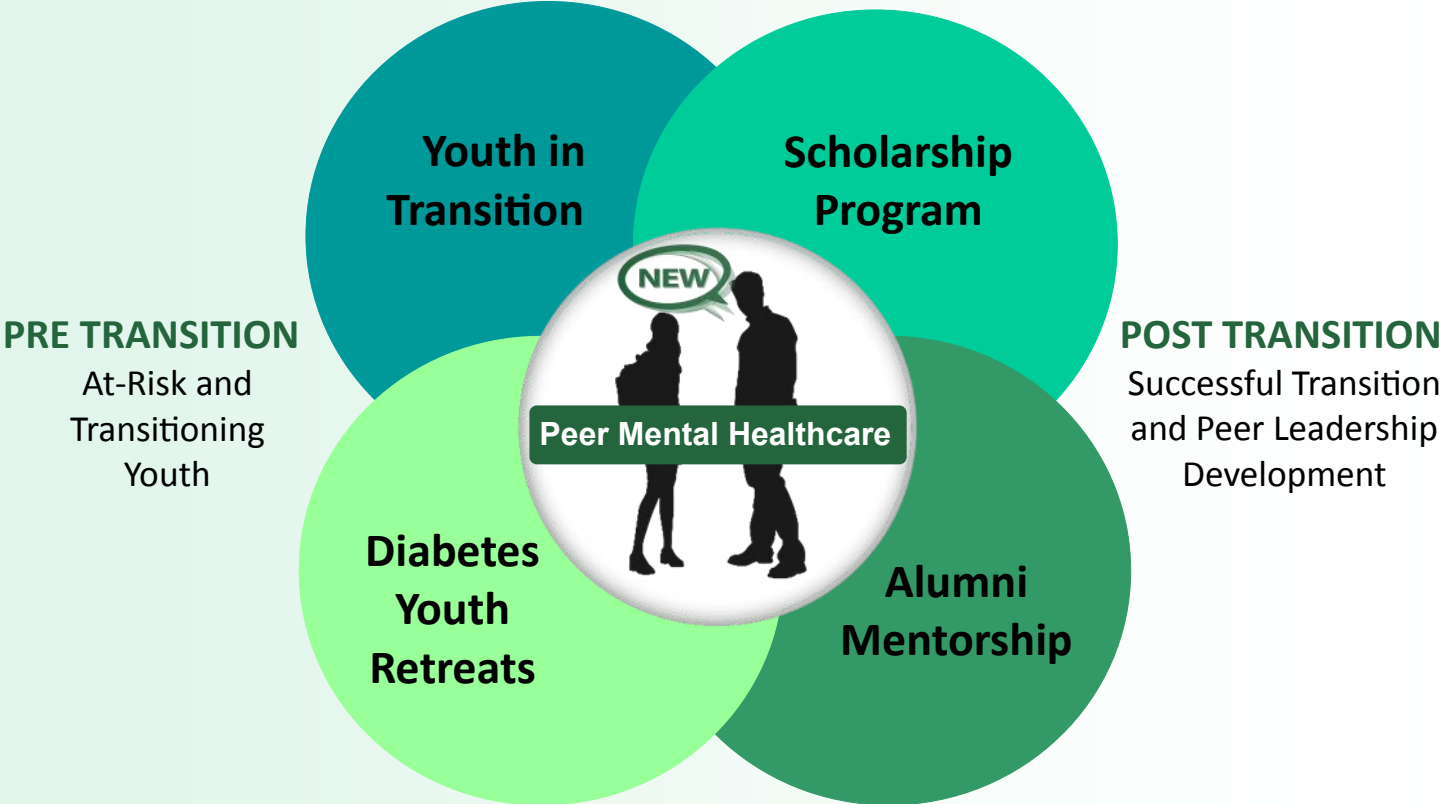
- **Scholarship/Mentorship Program**
- **Transition/Workshop Program**
- **Aboriginal Diabetes Youth Retreats**
- **NEW Peer Mental Healthcare Program**

Our Achievements

Through the foundation's community health services, the following milestones have been achieved over the last 19 years:

- Collaborated with **49** diabetes education healthcare centers across 6 provinces (British Columbia, Alberta, Ontario, New Brunswick, Nova Scotia, and Newfoundland) to develop and deliver community programs for youth with diabetes.
- **590** post-secondary scholarships have been awarded to young adults with diabetes across Canada through the foundation's Scholarship Program (1999 to present).
- **300** financially challenged families have received benefits through the foundation's Medical Assistance Program (2000 to 2006).
- **521** at-risk and Aboriginal youth have been sponsored to participate in Diabetes Sports Camps (2010 to 2013) and Diabetes Youth Retreats (2010 to 2016).
- **355** alumni mentors and mentees have been matched across 42 colleges and universities in Canada and the United States through the foundation's Alumni Mentorship Program (2011 to present).
- **585** transitioning teens and their families have received resources and transition support through the foundation's Youth-in-Transition Program (2013 to present).
- Collaborated with **28** diabetes, mental health and Aboriginal health access centers to develop a new peer mental health model for youth with diabetes (2016 to 2017).

DHF Programs





SCHOLARSHIPS



**TRANSITION
WORKSHOPS**



**ALUMNI
MENTORSHIP**



**ABORIGINAL DIABETES
YOUTH RETREATS**

Peer Mental Healthcare Program



NEW for 2017

In any given year, one in five people in Canada experiences a mental health problem or illness, with a cost to the economy of well in excess of \$50 billion (Mental Health Commission of Canada). Within the diabetes population, this rate increases to one in three just in Ontario alone.

There are currently 35,000 children living with diabetes in Canada, with over 3,200 new cases diagnosed each year. There are not enough resources in the community to support the care of youth with diabetes who are living with mental health challenges.

In response to this need, DHF was awarded with a Seed Grant from the Ontario Trillium Foundation in 2016 to work with a cross-section of stakeholders, including type 1 youth, diabetes and mental healthcare professionals, and First Nations youth, to develop a new **Peer Mental Healthcare** model to support youth living with diabetes and mental health disorders.

The primary role of the peer mentor will be to provide psychosocial support for youth who are transitioning between different systems of care. Through the program, the peer mentor will aim to facilitate dialogue between service providers, engage youth with mental healthcare resources, and provide a continuum of care to reduce dropout rates between services. The final model will be completed in the spring of 2017.



Scholarship Program



Since 1999

Each year the Foundation rewards youth with education grants to inspire them to live a life without limits and achieve better long-term health outcomes.

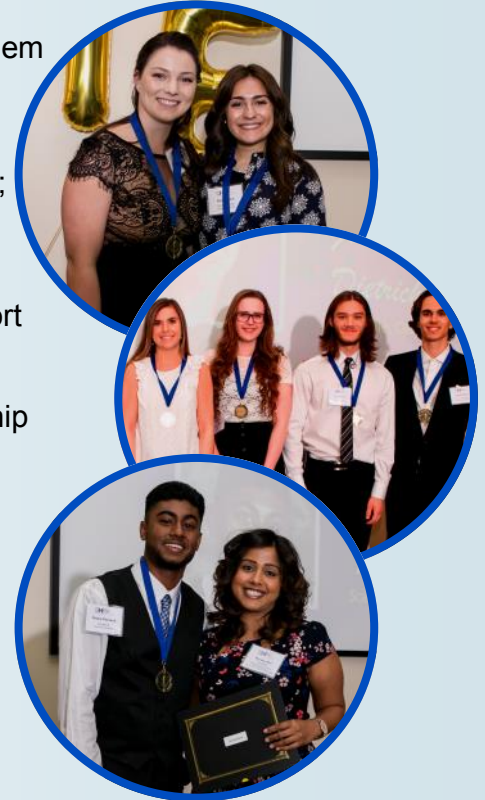
The Diabetes Hope Scholarship Program was established to recognize youth in the community who have excelled in their academic achievements; demonstrated exceptional leadership skills and volunteerism in the community; and possess exemplary diabetes self-management practices.

Since 1999, **590** scholarships have been awarded across Canada to support excellence in post-secondary education and provide transition support.

With the support of our donors and community partners, the DHF scholarship program was expanded this year to award scholarships to students from 6 provinces across Canada - Ontario (1999), Newfoundland (2006), British Columbia (2008), Nova Scotia (2014), Alberta and New Brunswick (2016).

This spring, **42** extraordinary young adults from across Canada were awarded with new scholarships at the Paul B. Helliwell Auditorium at our annual Evening of Hope Scholarship Ceremony.

Additionally, **10** national program scholarships were awarded to students across Canada.



Transition Program



Since 2013

In 2013, Diabetes Hope Foundation launched its ground breaking new **“Guide for Successful Transition to College and University”** to provide youth with the tools and resources they need to succeed in post-secondary education.

Recommended by the Ministry of Health’s Ontario Pediatric Diabetes Network, the guide provides secondary students with information about their rights/benefits as a student with diabetes; assists them in finding the closest diabetes and accessibility programs; and includes tips/insights from the foundation’s own alumni to assist them in their transition to post-secondary education and adult diabetes care.

The guide has since been adapted into a series of **Parent & Teen Pre-Transition** workshops delivered across the province supporting hundreds of families each year. This spring, in partnership with Canadian Diabetes Association, the workshops have also been developed into a two-part webinar series to support families outside of Ontario. The program was also expanded nationally to provide transition support for families living in the great Vancouver area in British Columbia.

Working closely with the foundation’s scholarship alumni, Diabetes Hope Foundation has been successful in providing transition support services for **585** transitioning teens and their families across Ontario and beyond.



Aboriginal Diabetes Youth Retreat



Since 2012

Developed in partnership with the Tim Horton Children's Foundation and Six Nations Health Services, the program targets at-risk Aboriginal Youth with type 2 diabetes and delivers diabetes prevention education, leadership training and essential life skills through an inter-disciplinary experiential education model.

Our program's main objective is to invest in youth, give them the tools and information they need to share their knowledge with their families, community, and the next generation to improve the health and well being of our communities.

The most important aspect of the program is the cross-generational education. Peer-to-peer, youth-to-parent, youth-to-grandparent, youth-to-friend. The message of hope, making just one change, and living a more healthy active lifestyle, are recurring messages that need to be shared among all First Nations communities.

To date, through support from our partners - Six Nations Health Services, Southwest Ontario Aboriginal Health Access Centre, Southern Ontario Aboriginal Diabetes Initiative, Wabano Health Centre and Tim Horton Children's Foundation - we have directly supported **212** campers to participate in this program, and indirectly supported **470** families and friends living with diabetes.



Fundraising

Fundraising is an integral part of Diabetes Hope Foundation



On June 20th, 2016 the
20th Anniversary Swing of Hope Golf Event
Was held at the Scarborough Golf and
Country Club in Toronto.

A full day of activities was featured including a full round of golf, dinner and special awards presentation followed by a live auction to support DHF programs.

Thank You

To all our DHF Alumni,
volunteers, dedicated
donors and sponsors
for their continued support
and time dedicated to
ensuring the success
of our events.



During the entire month of September 2016 the
2nd Annual Virtual Walk for Hope
was held featuring the 10,000 individual and
50,000 Step team challenges. Registrants were
eligible to win great prizes with a grand prize of a
trip to NYC for our top fundraiser, all in support of
DHF and youth living with diabetes.

2017 AGM Meeting

January 2016

Toronto

2017 Scholarship Application Deadline

March 6, 2017 (Ontario) April 3, 2017 (National)

19th Annual Scholarship Awards

May 29, 2016

Paul B. Helliwell Auditorium

Humber River Hospital – Toronto

21st Anniversary

Swing of Hope Golf Event

June 26, 2017

Lebovic Golf Club

Aurora

3rd Annual Virtual Walk for Hope

Month of September 2017

Details to follow

SAVE
THE
DATES

2017

Testimonials



“ This Scholarship is different from any other scholarship I applied for because it is recognizing that I am a Type I Diabetic who is transitioning from a Pediatric Diabetic team to the Adult Diabetic team and who is also transitioning from a student living at home to a student living away from home managing my diabetes on my own. This Scholarship will provide me with financial support as well as a volunteer mentor to help with peer academics and diabetes support during these transitions. The resources will help me maintain and control my diabetes while attending University. Thank you DHF for this wonderful opportunity. ” - Amy Scholarship Recipient

“ Through the mentorship program and the youth retreat I've had many great and life changing experiences with DHF and I'd like to give back. So far this year, I've had a great experience with my mentor and I would like for new DHF scholarship recipients to have similar experiences to mine. Having the support of someone who understands what my challenges are made the difference in my transition to University. This is why I want to become a mentor! ” - Mitchell Alumni Mentee

“ This program has provided me with the tools to succeed in the transfer from home life to life at university/college. Now I have the knowledge to make an educated decision on post-secondary institutions based on my needs. The information is helpful knowing that there are people and programs out there to help me. ” - Daymon Transition Workshop Attendee

“ I have taken many courses which involved learning the basics of diabetes, but being present here, I have been educated more in depth about what happens when type 1, 2 and gestational diabetes can cause bad things to your body. I enjoyed the weekend and the opportunity to meet new people. ” - Ceceilia Aboriginal Diabetes Youth Retreat Attendee

Support

Thank You

We are honoured to thank and recognize all individuals, corporations, foundations and community groups that have generously supported Diabetes Hope Foundation.

SPONSORS



FUNDS

Armel Family Fund, Senator Norman K. Atkins Memorial Fund, Aubrey & Marla Dan Charitable Foundation, Jeremy & Judith Freedman Family Foundation, Laura Eileen Higginson Memorial Fund, Marlene Perkins Memorial Fund, Nancy Ryce Memorial Fund, Wayne Morris Enterprises Ltd.

Diabetes Hope Foundation regrets any errors or omissions, and extends their gratitude to all our supporters, donors, sponsors, community partners and volunteers.

Help us to help kids today ... live a healthier tomorrow.



donate
today!

Your support directly funds programs that help improve the quality of life, independence, confidence and vitality of youth living with diabetes.

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